



Lowell Senior Center

HERITAGE

HEALTH AND WELLNESS

At the Lowell
Senior Center
in June

Awareness Meditation

for recovery,
awareness,
relaxation, and
self care

**Mondays at
1pm**

WELCOME TO THE CHAT HOUR

This is a group for older adults to come together and talk with others, learn new things, make new friends, enjoy time with old friends and learn more about being healthy.

English Wednesdays at 10 am
Espanol Miercoles 11 am

BIENVENIDOS A LA HORA DE CHARLA

Este es un grupo para que los adultos mayores se reúnan y hablen con otros, aprendan cosas nuevas, hagan nuevos amigos, disfruten el tiempo con viejos amigos y aprendan más sobre la salud.

Exploring the Eight Dimensions of Wellness with Older Adults

Come join us for an eight-week group into the eight dimensions of wellness with Older Adults. We will explore each week one of the dimensions of wellness and learn how the dimensions can support your well-being as an older adult for your wellness, self-care, and self-awareness.

Tuesdays from 8-10 am



LOWELL **SENIOR CENTER**

276 Broadway St
Lowell, MA 01854
978-674-4131

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Monday–Friday:  
**7 am to 3 pm**

Saturday–Sunday:  
**Open for meals only**

Breakfast:  
**Weekdays 7 - 8 am**  
**Weekends 7 - 9 am**  
**Dine in or take-out**

Daily Lunch:  
**11 - 11:30 am**  
**Dine in or take-out**

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Receptionist: Tara Donnelly

Director:
Kimberly Gagnon

Programs: Aurora Erickson
aerickson@lowellma.gov

Chef: Joe Wilkins

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**Outreach Team**  
**Tel: 978-674-1166**

Seila Chuop (Khmer, Korean)  
Jenny Khweiss (Spanish, Arabic)  
Amy Leal (Portuguese, Spanish)  
Glady Dieppa (Spanish)

## **Lowell Health and Human Services**

Lowell Health Department  
978-674-4010  
Lisa Golden, Director

## **COUNCIL ON AGING** **BOARD OF DIRECTORS**

*Andrew Hostetler, Chair*

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*Beverly Gonsalves*

*Judith Huber*

*Molyka Tieng*

*Gilda James*

*Frank Baskin*

*One Vacancy*

~~~~~

Next Meeting
June 12th at 9 am.

A Note from Senior Center Staff:

As most have heard, the City of Lowell had a cyber incident, in which our computers and phones went down. We are hoping that by the time you read this they will be restored, but it's not clear how long it will take. We want to thank you all for your patience and understanding through the disruptions this has caused.

Special Pride Month Movie Showing

Tuesday 6/6

Noon

AgeSpan will host a special showing of Gen Silent, a short documentary set in Massachusetts about the challenges people in the LGBTQ community face as they age. A discussion will follow.

June Movies

This month's theme is wedding movies.

The Birdcage (1996)

Thursday, June 1st
12 pm (Noon)

Robin Williams and Nathan Lane star as a gay couple trying to play it straight to impress their soon to be in-laws. Happy Pride Month! Do note that this movie has rude humor and some salty language.

Ticket to Paradise (2022)

Thursday June 8th
12 pm (Noon)

A divorced couple team up to try to stop their daughter's wedding in Bali in this romantic comedy.

Mama Mia (2008)

Thursday June 15th
12 pm (Noon)

A daughter seeks to learn more about her mom's past in this light musical made up of ABBA's greatest hits. Meryl Streep nailed her performance of Winner Takes It All in one take!

My Big Fat Greek Wedding (2002)

Thursday, June 22nd
12 pm (Noon)

A bride to be tries to introduce her fiancé to her big, chaotic family.

Catching Fire (2013)

Thursday, June 29th at 12 pm (Noon)

This second movie in the Hunger Games series features a spectacular wedding dress! And also more dystopian adventure.

Trips

JUNE TRIPS— ON SALE JUNE 1!

Day	Date	Price	Destination	Depart 465 Fletcher St	LRTA Station
Thursday	8	\$7	Old Orchard Beach	8:45 am	9:00 am
Thursday	15	\$7	Hampton Beach	8:45 am	9:00 am
Monday	20	\$7	Newburyport	8:45 am	9:00 am
Tuesday	22	\$7	Rockport Beach	8:45 am	9:00 am
Thursday	27	\$7	Ogunquit	8:45 am	9:00 am

BBQ Friday 6/2 11am-1pm

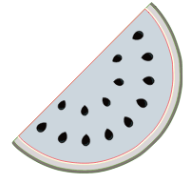
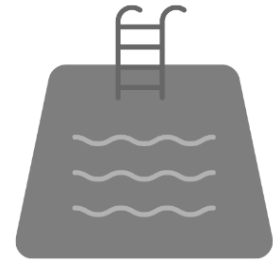


Provided
and grilled
by
Fire
Department
Local 853



SUMMER

WORD SEARCH



D	N	G	X	S	P	R	K	D	N	X	D	A	A	T
D	Q	A	G	I	V	O	F	T	N	A	D	V	M	T
C	S	P	C	S	P	U	U	H	W	L	V	C	S	U
K	W	N	R	Z	S	T	Y	W	F	E	L	U	M	T
P	I	K	N	H	K	H	Z	W	M	R	G	P	X	S
C	M	L	O	X	Z	M	O	S	B	U	K	A	S	W
C	S	H	L	W	C	L	K	T	A	P	N	D	Z	I
A	U	J	E	N	M	R	N	H	O	A	W	C	T	M
M	I	U	M	E	O	H	C	O	C	W	T	P	A	F
P	T	L	R	W	J	I	L	E	V	A	R	T	D	K
C	Y	Y	E	V	B	U	T	S	A	M	V	M	J	D
P	C	R	T	V	J	E	N	A	M	Q	P	O	I	G
G	I	Z	A	T	Y	W	A	E	C	G	F	C	Q	R
F	B	U	W	Y	L	M	Z	C	N	A	I	O	Y	N
K	R	P	P	Q	V	O	J	B	H	C	V	Y	O	X

AUGUST
BEACH
CAMP
FIREWORKS
HOT

JULY
JUNE
PICNIC
POOL
RELAX

SWIM
SWIMSUIT
TRAVEL
VACATION
WATERMELON

Announcement: Lowell High Class of '68 is planning a 55th Reunion!
Email Classof1968Lowell@gmail.com for more details.

June is
the start
of festival
season in
Lowell!

Here's
some of
what's
going on
this
month
around
the city.



PRIDE 2023

GREATER LOWELL PRIDE

JUNE 3

10-11AM	12-4PM
Pride Flag Raising	Pride Festival
 Lowell City Hall	 Kerouac Park



TRANSMUTATION
GREEK ORTHODOX CHURCH
25 Fr. John Sarantos Way, Lowell, MA

FREE Admission
FREE Parking

GRECIAN FESTIVAL '23

FRIDAY, JUNE 2 | 5pm-9pm
SATURDAY, JUNE 3 | 12pm-9pm
SUNDAY, JUNE 4 | 12pm-6pm



Greek Food, Pastry, Beer & Wine
Live Greek Music & Dancing
Indoor & Outdoor Seating
Guided Church Tours
Raffle



SIXTH ANNUAL
Points of Light
Lantern
Celebration

June 24th

Lowell, Massachusetts
6 PM - 10 PM
ECUMENICAL PLAZA
282 Suffolk Street, between St. Patrick's and Holy Trinity
www.pointsoflightlowell.com

Free Admission
Family Friendly

music dance food drinks

Photos by Jenn Myers





For Your Health

FREE Fitness Room



Monday to Friday, 7 am to 3 pm

Required:

- Lowell residents age 60+
- Sneakers
- Annual doctor's release

Salsa

Fridays/viernes,
10 am - 11:00 am

Learn salsa and meringue moves in this fun and active dance class to bring sunshine to your day. Class is taught in English and Spanish.

Aprenda los Movimientos y Bailes de Salsa y Merengue En este Divertida Clase de Baile para Para que Illumines tu Dia.Las Clases seran en Espanol Y ingles.

NOTE: Salsa is not available until the computers are back on. Call to confirm please.

Bone Builders

Mondays and Wednesdays, 8:30 am

FREE with application process to participate, ask at front desk.

We are seeking new volunteer instructors for this program! Please join the class if you are interested.



Foot Clinic

with Diane Stanley, RN

Sign up in advance required.

\$30.00 fee

Includes: foot assessment, toenail trim and filing, reduction of nails/corns/calluses, education to help maintain self-care, and a relaxing foot massage.



Tai **Chi**

Mondays at 11am

\$5 per class

Tai Chi is a relaxing form of exercise a little bit like yoga or slow, gentle dance. You move slowly through poses that help you focus your energy and relax your body.

Beginners welcome.

Meet with Nava

Fridays
8 am to 2:30 pm

Call 978-674-1166 to make an appointment.

Nava is a licensed clinical social worker who is available to talk with seniors who need support.

"On the Move"

Mondays, Wednesdays, and Fridays,
9:00 am, \$3 per class

Aerobics and stretching, with weights, balls and resistance bands with Marian Silk



Yoga

with Christine Connolly

Chair Yoga

Tuesdays 12 - 1pm
or

Gentle Kripalu Yoga

Fridays, 12 - 1 pm

\$5 per class

Calm breathing, stretching, and yoga poses to help improve flexibility and balance and reduce stress.

The instructor can modify poses for you around your limitations.



Blood Pressure Clinic

Monday
6/12
11am-Noon

Courtesy of
Element Care

Weekly Activities

Mahjong

Mondays
12 - 2:45 pm
Board Room



Thursday Movies

Thursdays
Noon

Great Hall

Senior Socials

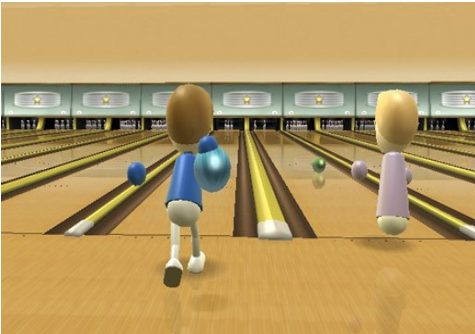
Fridays
12 - 2:45 pm
Great Hall

Line dancing, couples dancing, friendly conversation.



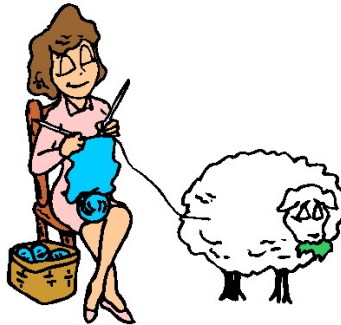
Wii Bowling

Tuesdays and Fridays
10:00 am - 11:30 am
Board Room



Knit & Crochet Group

Tuesdays 12:00 - 2:45 pm
Classroom



Bingo

Wednesdays, 12 - 3 pm

50 cents per card, sales start at noon

Prizes vary based on attendance.



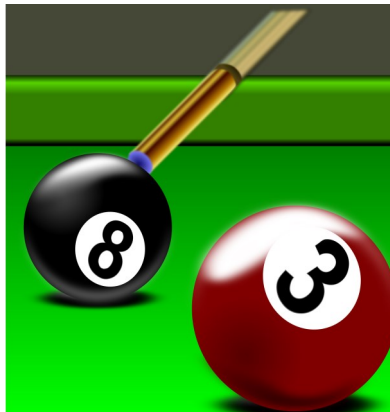
Quilting Group

Wednesdays
12 - 2:45 pm
2nd Floor Classroom
Newcomers welcome,
beginners to advanced!



Billiard Room

Open Monday - Friday
7 am - 2:45pm



Cards

Poker

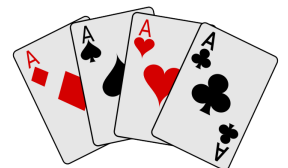
Wednesdays and Fridays
9:30 am - 2:45 pm

Cribbage

Tuesdays
11:30 am - 2:45 pm

45's

Thursdays
11:30 am - 2:45 pm



Sunday	Monday	Tuesday	Wednesday
<h1>June</h1>			
<p>4. 7-8 am Breakfast 11-11:30 Lunch</p> <p>12-6pm Grecian Festival— Transfiguration Church</p>	<p>5. 8:30 Bone Builders 9:00 On the Move 11 Tai Chi 12 Mah Jong 1 Senior Center Singers 1 Meditation</p>	<p>6. 8am Veteran's Breakfast 10:00-11:30 Wii Bowling 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet 12 Generation Silent LGBTQ Movie Showing</p>	<p>7. 8:30 Bone Builders 9:00 On the Move 9:30-2:45 Poker 10 Chat Hour 11 La Hora de Charla 12-2:45 Quilting 12-3 Bingo</p>
<p>11. 7-8 am Breakfast 11-11:30 Lunch</p>	<p>12. 8:30 Bone Builders 9 COA Board Meeting 9:00 On the Move 11 Tai Chi 11:00 Blood Pressure Clinic 12 Mah Jong 1 Senior Center Singers 1 Meditation</p>	<p>13. CTI AmeriCorps Senior Volunteers Presentation 10:00-11:30 Wii Bowling 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit &</p>	<p>14. 8:30 Bone Builders 9:00 On the Move 9:30-2:45 Poker 10 Chat Hour 11 La Hora de Charla 12-2:45 Quilting 12-3 Bingo</p>
<p>18. 7-8 am Breakfast 11-11:30 Lunch</p> <p>Juneteenth Events 12-5 Muldoon Park</p> <p>12-6 UTEC</p>	<p>19. Closed for Juneteenth</p>	<p>20. 10:00-11:30 Wii Bowling 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet</p> <p>Newburyport Trip</p>	<p>21. 8:30 Bone Builders 9:00 On the Move 9:30-2:45 Poker 10 Chat Hour 11 La Hora de Charla 12-2:45 Quilting 12-3 Bingo</p>
<p>25. 7-8 am Breakfast 11-11:30 Lunch</p>	<p>26. 10 Age-Friendly Lowell 8:30 Bone Builders 9:00 On the Move 11 Tai Chi 12 Mah Jong 1 Senior Center Singers 1 Meditation</p>	<p>27. Brown Bag Day 10:00-11:30 Wii Bowling 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet</p> <p>Ogunquit Trip</p>	<p>28. 8:30 Bone Builders 9:00 On the Move 9:30-2:45 Poker 10 Chat Hour 11 La Hora de Charla 12-2:45 Quilting 12-3 Bingo</p>

Thursday	Friday	Saturday
1. 9-12 Mill City Grows Farmer's Market 11:30-2:45 Cards: 45's 12:00 Thursday Movie: The Birdcage	2:9:00 On the Move 9:30-2:45 Poker 10:00-11:30 Wii Bowling 10:30 Meet Nava 11-1 Firefighter's BBQ 12:00 Gentle Yoga 12-2:45 Friday Social 5-9pm Grecian Festival—Transfiguration Church	3. 7-8 am Breakfast 11-11:30 Lunch Pride Events 10am City Hall Flag Raising 12-4 Kerouac Park Celebration 12-9pm Grecian Festival—Transfiguration Church
8. 9-12 Mill City Grows Farmer's Market 11:30-2:45 Cards: 45's 12:00 Thursday Movie: Ticket to Paradise Old Orchard Beach Trip	9. 9:00 On the Move 9:30-2:45 Poker 10:00-11:30 Wii Bowling 10:30 Meet Nava 12:00 Gentle Yoga 12-2:45 Friday Social	10. 7-8 am Breakfast 11-11:30 Lunch
15. 9-12 Mill City Grows Farmer's Market 11:30-2:45 Cards: 45's 12:00 Thursday Movie: Mama Mia Hampton Beach Trip	16. 9:00 On the Move 9:30-2:45 Poker 10:00-11:30 Wii Bowling 10:30 Meet Nava 12:00 Gentle Yoga 12-2:45 Friday Social	17. 7-8 am Breakfast 11-11:30 Lunch Juneteenth Event - 11am City Hall Flag Raising
22. 9-12 Mill City Grows Farmer's Market 11:30-2:45 Cards: 45's 12:00 Thursday Movie: My Big Fat Greek Wedding Rockport Beach Trip	23. 9:00 On the Move 9:30-2:45 Poker 10:00-11:30 Wii Bowling 10:30 Meet Nava 12:00 Gentle Yoga 12-2:45 Friday Social	24. 7-8 am Breakfast 11-11:30 Lunch 6-10pm Points of Light Festival, Suffolk Street
29. 9-12 Mill City Grows Farmer's Market 11:30-2:45 Cards: 45's 12:00 Thursday Movie: Catching Fire	30. 9:00 On the Move 9:30-2:45 Poker 10:00-11:30 Wii Bowling 10:30 Meet Nava 12:00 Gentle Yoga 12-2:45 Friday Social	

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First Lowell Rehab Apartments

Effective July 1st, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Roast Pork Dinner	2. Fireman's Cookout!	3. Grilled Chicken Greek Salad
4. Stuffed Cabbage	5. Lemon Chicken	6. Cheeseburger	7. Chicken Parm	8. Beef Goulash	9. Chowder and Tuna Salad	10. Meatloaf
11. American Chop Suey	12. Stuffed Chicken Breast	13. Beef Tacos	14. Pulled Pork.	15. Turkey Dinner	16. Chicken and Shrimp Scampi	17. Shephard's Pie
18. Asian Chicken	19. CLOSED	20. Beef Fajitas	21. BBQ Chicken	22. Ziti and Meatballs	23. Battered Cod	24. Sausage Sub
25. Beef Chili	26. Hot Dog and Beans	27. Chicken Patty Supreme	28. Stuffed Peppers	29. Chicken Tenders	30. Salisbury Steak	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. Cerdo Azado	2. Parillada depate de Bomberas Afuera	3. Pollo al Vapor
4. Repollo Relleno	5. Pollo al limon	6. Hamurguesa con queso	7. Pollo Parmesano	8. Carne Molida con Fideos	9. Sopas y Ensalada	10. Carne Molida con Majadas
11. Macarones con Carne Molida	12. Pollo Relleno	13. Tacos Carne Molida	14. Pernil Desmulusado	15. Para y Papas	16. Camarones con Arroz	17. Plato de Papas con Carne
18. Pechuga y Arroz	19. CLOSED	20. Fajitas de Carne Molida	21. Pollo a la Barbacoa	22. Macarones con Arbondigas	23. Pescado Empanado	24. Embutido de Cerado
25. Chile de Carne Molida	26. Franfuras y Hab dulces	27. Pollo Empanado	28. Pimentos Rellenos	29. Pollo Rebanado	30. Bistek de Rez	

- Chef Joe will be on vacation June 22nd to July 4th. If anyone deserves a vacation it's Joe, have a nice time Joe! Please be nice to Karl while he is covering. It's a lot for one person.
- Another note: please remember to be nice to our volunteers who help serve lunch. They are very generous with their time, energy, and patience to help, please show them kindness in return.

**SUGGESTED
DONATION:
\$1 BREAKFAST,
\$2.50 LUNCH**

BREAKFAST
WEEKDAYS 7AM-8AM
LUNCH
11AM-11:30AM

- **Vegetarian options** available weekdays. Please call 978-674-4131 one day ahead
- Meals are **subject to change** based on supply availability
- **Bread and milk** are served with all lunches
- Please share your **favorite home recipes** with our Chef Joe!

Services and Support

Medical Loan Program

Walkers, disposable underwear, fall prevention bars, and canes and available FREE. Donations gratefully accepted, please call 978-674-4131 first to confirm what is needed and available.



*Wheelchair
donations
needed!*



The Syringe Collection Program

Senior Center syringe drop-off accepted on weekdays at the front desk. Free disposal containers are available while supplies last.



Get Help with Medicare

Call 978-946-1374 and leave a message. A trained counselor will call you back within 1-2 days. Drop-in counseling is available Mondays from 9-11.



CareRide, a program of AgeSpan, provides non-emergency medical transportation in the Greater Lowell area and to Boston for people age 60+.

Contact Alexandra Luciano, Care Ride Program Coordinator at 978-651-3118 or aluciano@agespan.org

Bills come to your address monthly, \$4/each way for local trips.

Rides to Senior Center

Call 978-674-4131 for a ride to the Senior Center for meals and activities. You must call by 9am on the day of your ride.

LRTA Road Runner

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types.

Senior Dial-a-Ride is available for all Lowell residents age 60+ for medical rides only. Call Road Runner at 978-459-0152 to sign up.



Senior Abuse Hotline Number

To report suspected elder abuse, call:
1-800-922-2275

AgeSpan (formerly Elder Services)

Meals on Wheels,
Assistance with Home
Care, Case Management,
Support for Seniors and
Caregivers,
Prescription Advantage
1-800-892-0890

Legal Services
Assistance & Referrals
1-800-342-5297

Fuel Assistance 978-459-6161

DTA Hotline (SNAP/Food Stamps)

Direct line for seniors:
1-833-712-8027

MassHealth 1-800-408-1253

Social Security Administration 1-800-772-1213

Medicare 1-800-633-4227

Pollard Memorial Library

SUPPORT LIBRARY PROGRAMS



Lowell/ Pollard Memorial Library Book Sale

Thursday June 1 - 5 pm to 7 pm
(First hour - member's sneak peak)

Friday June 2 - 10 am to 3 pm

Saturday June 3 - 9 am to 3 pm

401 Merrimack Street, Lowell, MA

Thousands
of Books,
CDs, DVDs
and other
surprises

FRIENDS OF THE POLLARD
MEMORIAL LIBRARY

Friends of Lowell Council on Aging

This month I am going to try to explain the Friends of the Council on Aging organization. It was started nearly 25 years ago by a group who realized that the city does not have enough funds in its budget to cover all the activities and amenities needed for its seniors. This group consisted of interested people who were all under the age of 50. It was not and is still not a senior "club." It is not a membership in the senior center. Senior Centers do not have paid members. Anyone 60 years or older can go to any Senior center in Massachusetts for no charge. There are certain activities that do cost, and these are all listed in the monthly newsletter. The center does like you to have a swipe card. This will let them know how many people take part in the various activities offered. However, if you just want to drop in and play cards, do a puzzle or enjoy a breakfast or lunch for a modest fee, you can.

The Friends is an organization not connected with the city. We are a separate entity. We file our own state and federal taxes. Anyone can be a member. There is no age restriction. There is no residence requirement. There is no conflict of interest what ever your occupation or other affiliations. There is a \$5 annual fee. We raise money by having raffles and 50/50's at the Bingo and Dinner Dances as well as from donations. This enables us to pay for the postage needed to mail the Heritage. We also buy all the supplies needed to run the weekly Bingo. Once a year we sponsor a Summer Outing for a nominal charge to help defray the total cost.

We recently purchased a new security camera system that is very much needed in this day and age that the city could not afford to buy. In the past we have paid for carpeting in the two upstairs exercise rooms. Also we funded a much needed break room for the center employees. The banquet tables in the great room were also bought by the Friends. We bought the garbage disposal in the kitchen. Without us none of this would have been possible.

This is why we have always tried to stress that we are not a Senior Organization. There are many donations received from persons who are not only not seniors but have never even been to the Center. They just want to contribute to making it a place with activities for all seniors to enjoy. This is why we were started those many years ago.

- Jacqueline Denison, Treasurer

BOARD OF DIRECTORS

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Jacqueline Denison

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Richard Demers

Nancy Judge

Carol Lannan

TBD

TBD

Next Meeting:

June 30th

MARKET MILL APARTMENTS

SECTION 8 ELDERLY HOUSING WINNER OF RHA
COMMUNITY EXCELLENCE AWARD

We are accepting applications for elderly and mobility impaired persons for 1 and 2 bedroom apartments. You must be at least 62 years of age to be eligible. All rents are based upon your income.

We offer:

- Laundry & Community Room • Resident Activities
- Computer Learning Center • Computer Program

Please call for application to be mailed to you or please apply at our office: 246 Market St., Lowell, MA

Managed by: Peabody Properties, Inc. TDD# 1-800-439-2370



978-454-8030



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IN YOUR HOME

1310 Main St., Tewksbury, MA 01876

Centennial Island Apartments

Accepting applications for the waitlist
for 1-2 bedroom Section 8 housing in Lowell.

Must income qualify.

Equal Housing Opportunity.

We do not discriminate on the basis of disability



For info contact

978-454-5581

tty 800-439-2370



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Finest Affordable Housing**

The Wentworth A Place to Call Home

NOW ACCEPTING APPLICATIONS

Privately owned building in historic section of downtown Lowell.

Studio & one bedroom apartments.

Specially designed for people 62 years old and over and for handicapped/disabled individuals who are 18 years old and over.

Income requirements, please call for more info.

1 Shattuck Street Lowell, MA

(978) 454-4830

TDD: 1-800-439-2370

A Boston Land Company Community



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TOWNEHOUSE OF LOWELL APARTMENTS SOUTHWICK BLOCK APARTMENTS

Now Accepting Applications for 1&2 Bedroom units for persons 62 years of age or older, and 1 bedroom accessible units. All utilities are included. Rents are based on 30% of your adjusted gross income.



Wingate Management Company, LLC

16 Middle Street • Lowell, MA 01852

978-459-3631



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- Traditional Methodist service
- Classic hymns
- Elevator to sanctuary level
- Ample parking

Lawrence Street Church • 1199 Lawrence St., Lowell
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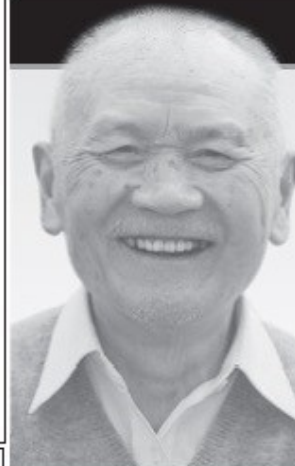
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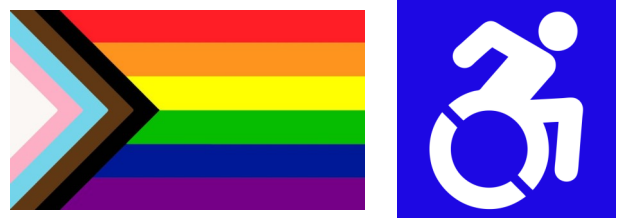
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